Nation
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editorial

Federal fun and games

by Will Nichols

Just when you thought an election was around the corner, politics can show you that life isn't as predictable as you might have hoped. I know if you were the Liberals a while ago you weren't hoping for a trip to the polls as much as Stephen Harper, et al.

With the polls saying that Harper is our most popular choice for Prime Minister, he is showing surprising charisma. Harper appears to have overcome his image of a wooden, emotionally stunted, politician.

Instead he looks like someone we could listen to. We might not have agreed with all his policies but he made sense and seemed to be in control of his government. His place in history is guaranteed as his reign marks the time when the Canadian Loonie is outshining the almighty US dollar.

But that shine could get tarnished as the water starts to freeze on the election arena. The players are starting to suit up while the referees wonder when the game will really start.

We can already see the opening shots. Media printed, talked and televised allegations of election fraud where monies traveled through channels unacceptable to current rules. No answers on the validity of such statements as of yet but no doubt we shall hear from those politicians again when the time is appropriate to their electoral hopes.

One only has to mention Brian Mulroney to wonder how much Harper is following the polls. While the rest of Canada contemplates the deficits of the past and the possible sins of the present Aboriginal Canada struggles on.

Aboriginals may actually get angry enough to vote this time around. Who can forget Canada being one of the four who voted against the UN Declaration of the Rights of Indigenous Peoples? Under the Liberals, Canada had convinced many Indigenous groups to support this Declaration and now many feel betrayed.

This historic vote did not get much coverage in Canada. One wished there was another reporter like Boyce Richardson out there to really cover the issue. As a person of Aboriginal descent I take issue with Canada's vote. Would it have been too much to acknowledge the rights we have had and still have? We should, Indigenous and non-Indigenous alike, work on solutions together, and quickly.

Then there was Harper's visit to the Congress of Aboriginal Peoples. This is a group that claims to represent off-reserve Aboriginals, except that no one votes for the group's leadership, says the Assembly of First Nations. A bit like a pot calling the kettle black, as only band chiefs can vote for the AFN National Chief.

Therein lays the crux of the problem. While I would wish the National Chief was an elected position voted upon by all of Canada's Aboriginal citizens, at least the chiefs are elected and represent their people. This is not true of CAP and having no way to legitimize your organization as representing an Indigenous population beyond saying, "I said so," is not the representation I would ever want or accept. I am fully capable of speaking for myself or assigning someone to speak upon my behalf. I will not give that right up without a fight, nor should any Canadian.

For all the allegations tossed at the feet of Prime Minister Harper and his party I am willing to listen and hear the arguments placed in defense of the stance taken.

To have my voice co-opted without my permission is not acceptable. I am not willing to accept this as a legitimate consultation of Aboriginal peoples. What is next, the naming of unknown random people to sign binding treaties for the difficult tribes?

It was a mistake on Harper's part and one he should admit. Just say the waters of the Indigenous world are at times deep. No loss of face.

There are a lot of places where Aboriginal populations are a swing vote. It could be an important move in the never-ending and ever-changing story of Canadian politics.

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on the cover: Betty Tomatuk with her first bull moose.

photo: Clayton Tomatuk



by Sonny Orr

Living green is profitable

Green is everywhere you go, on the back and front pages of magazines, science shows, sprouted by political wannabes on television, people talking about their carbon imprint. It's all about the current state of the biological world, which is now determined to be dismal. Go green, stay green, and use your green thumb to figure out what should be consumed and produced.

I thought that the Jolly Green Giant had this figured out a long time ago just as I thought that we had our act together as a country. I always thought that green meant money. But today, with all the multicolored currency available on the Canadian market, it's hard to use money in the same sentence as the environment.

With all the money made to make this country a cesspool of environmental disasters, I say there should be enough money out there to clean it up, too. Perhaps destroying the environment is a way to tell us that the environment is important to our lives here on earth. That we should think of future generations instead of just making money left and right, or making liquid assets more valuable than the land it sits on. Or making an upwardly mobile dollar determine our value, instead of what it's really worth, our future.

Time to come up with solutions. My master plan for a green future rests in hard work, elbow grease (recyclable, of course) and pure drinking water for everyone. We'll start off with our backyards. Get rid of everything that looks like it's fit for the pit and pile it up in one place, like the dump. Take all the dumped material and bulldoze it down until it's nicely compacted and then transport it down and sell it to some recycling plant, then take that money and buy beer in recyclable containers like aluminum cans, and then sell it to some rich retailer up north, who can then sell the beer to us, then we can pick up the cans and redo the circle, over and over again, until we can't get back off the ground.

We can also save on paper by not cutting down trees to make the paper we use and discard like it came from the dump. We could stop using paper again and use moss instead of toilet paper to wipe our sensitive behinds, thereafter managing to plug every toilet bowl from here to eternity. Instead, we could leave everything back on the ground where it came from, providing much-needed nutrients for that poor starving caribou moss, decreasing their re-growth time from one century to half a century.

We could go back to making compost. Imagine all the money we could save and make from recycling all our crap and leftovers? From the behinds of many to the front yards of the rich and famous, we will spread our compost every spring and grow our own tailor made environment.

This has happened for millennia in other parts of the world, why can't we? I know what I would do with all my compost; I would deposit it near my goose blind and grow corn to attract those flying protein delicacies and compete with the southern farms for the geese's attention.

We could go back to paddling and walking, stop our vehicles instead of idling at inspiration point, use clotheslines instead of dryers, turn off all the lights and go to bed early instead of staying up all night, give the kids a stick and ball for Christmas instead of those expensive electrically operated games. Or we could just be a Scrooge instead of gluttonously overspending on whatever we want and save on gift wrapping. I say, just be careful with your impact on the environment, just like we used to in the old days.

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Canada

"OUR YOUTH ARE CANADA'S FASTEST-GROWING DEMOGRAPHIC GROUP AT A TIME WHEN CANADA IS FACING SEVERE LABOUR SHORTAGES."

Shooting for the moon

Teenagers take aim at a better future at Aboriginal Youth Career Fair

By Steve Bonspiel

Hundreds of high school students from across Canada arrived at Montreal's Palais des Congres October 30 and hung out, text messaged and giggled their way to learning about potential careers at a rare job fair that was focused solely on the youth.

The event also featured a lineup of Aboriginal role models to help the young delegates better learn how to chase their dreams.

The fair is an initiative of the National Aboriginal Achievement Foundation. CEO Roberta Jamieson, from the Mohawk community of Six Nations, was on hand to encourage higher learning.

"Our youth are Canada's fastest-growing demographic group at a time when Canada is facing severe labour shortages," Jameson said. "The Foundation's career fairs are powerful motivators and information providers of the many career and educational possibilities available to them so they can realize their potential."

David Gill, 28, is an Innu track and field athlete from Mashteuiiatsh First Nation. He was hoping to give the kids a boost, but at the same time, he explained that sometimes instead of finding your dreams, your dreams find you.

"I kind of stumbled upon my dream," said Gill. "I only started running at 17 years old. My dream was more general; I wanted to be the best, to leave my mark. I have always been a competitor and wanted to do everything 100 per cent."

He said it is important to have a good work ethic and if you do, the rest will fall into place.

"Once you have that dream, you need to go a step further," he said. "Take action. Take that dream and bring it to today. What are you going to do to get closer to that dream?"

Gill is currently training hard in hopes of qualifying for the 2008 Beijing Olympic Games in the 1500-metre race.

He will know where he stands in June when he must meet a certain standard of race times and qualify in a pre-Olympic meet by finishing in the top four.

"It was the sport of running that came to me, starting with the fact that I just wanted to be good at something. If I had been talented at hockey or basketball, which are sports that I tried, maybe that's what I would be doing right now. But I wasn't."

Gill recently beat the record in an eight-kilometre cross-country race on the Plains of Abraham in Quebec City.

Although the win on the Plains of Abraham did not go towards his Olympic push because it was not on an actual track, "It helped with my confidence. It's more to see where I'm at."

Aside from track, Gill also runs totalcoaching.com, a website that teaches individuals how to get in shape and stay fit. They have a program specifically for schools that help coaches use a set plan to motivate their students.

continued on page 23



Astronaut-to-be Duncan Cree



Athlete David Gill

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The Cree Nation of Mistissini

wishes to congratulate Melisa Pash for being the winner of the 2007 Industry Award at the Canadian Aboriginal Awards.



You are an accomplished musician and a great role model. Your dedication to help the young Cree artists to develop their careers is wonderful.

We are all proud of you!

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CREE NATION OF WEMINDJI



Congratulations Melisa Pash!

The Cree Nation of Wemindji wishes to extend their sincere congratulations to Melisa Pash for her achievement at the Aboriginal Music Awards.

Keep the vision you have Melisa.
We are all proud of you!

A new 'pipeline' for Eeyou Istchee

Waswanipi Internet start-up looks to offer tech choices at competitive prices

By Steve Bonspiel

The north is relatively uncharted territory when it comes to major technology choices, but Waswanipi's Jonathan Saganash is looking to change that in the coming years by providing the Cree Nation with every aspect of new technology they could ever hope for.

Saganash signed a deal in February with ISF, a company out of Val d'Or that was providing Internet access and IT service to the community at the time. Then in September of this year, he took over ISF's operations and merged them with his fledgling Eeyou Media company.

"It's a communication tool I want to offer," Saganash told *the Nation*. "I want to make sure that people have the proper tools so they can reach as many people as they want, and also to get connected to the world."

Telephone service, competitive long distance rates and cable TV are included in Saganash's future plans. He is also looking into the feasibility of household alarm systems.

For now he is concentrating on his 115 high-speed Internet subscribers. For $54.99 a month, Waswanipi residents can get connected to the Internet and get competitive IT service from a company that knows its clients well.

His experience is extensive. He worked at Bell Canada and Telebec as a web developer and in technical support. He also worked at Cyber Media in Gatineau and that is when he realized the need to return to the community to fill the technological void.

His current job at the band office as the Capital Project Manager and Land Registrar are interesting and they pay the bills, but he is now looking to launch his business in the field he says he was born to work in.

"The biggest need up north is competition for pricing, it's still too expensive," said Saganash, who also consults with clients to show them how to put together a good bundle, including television, Internet and long distance to suit their needs and save cash.

"Another need I see is good customer service," he said. "If I provide good customer service that teaches the customer at the same time as we fix their machines, it's more worth it for both sides. Instead of having another company telling you what to do over the phone, we will be there at your house and at the same time, we will show you the basics."

Saganash was recently honoured by the band as he took home the Waswanipi Youth Entrepreneur of the Year Award.

While he was in negotiations to take over ISF, community members started dropping their computers off at Saganash's home, then leaving for Montreal or Val d'Or and expecting it to be fixed by the time they got home. That's when he realized he needed help.

"I went to the Vocational Training Centre and asked the teacher who would be graduating in computers. That's when I met and hired David Wapachee. He has been working with me since June and I wouldn't be able to do it without him."



Jonathan Saganash: Today Waswanipi, tomorrow the world

Saganash bought an eight-megabyte "pipe" that allows him to distribute Internet service. He thought he might have a problem using Telebec lines, but ISF had a grandfather clause that came into effect when Saganash took over, so he was able to rent the required capacity to supply Waswanipi.

Although he foresees an expansion to a bigger pipe in the near future, he currently has enough power to supply around 200 people with high-speed DSL connections.

He also has 12 corporate clients, such as the CHRD and the band council, that rely heavily on his expertise.

Saganash said he started with "five bucks" and went from there. When people pay him, he is able to pay his employee, but a recent meeting with CHRD will eventually give Saganash money, retroactive to August, to pay Wapachee as a full-time employee.

"I see Waswanipi eventually as a regional office," he said. "In a good five years we'll be able to provide services in all technology fields across Eeyou Istchee. We have a good concept and a good way to provide services. It's an exciting time right now."

Saganash is thrilled, but tired. He cautioned that his company is not ready for an influx of calls from all over Eeyou Istchee as they are still only dealing with Waswanipi customers.

"I'm using my expertise, knowledge and passion to provide these services for the Cree Nation. I'm a single man so this is almost like my girlfriend," Saganash chuckled. "When you are trying to launch a company like this you don't have time for anyone or anything else. My phone is ringing day and night."

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The Grand Council of the Crees wishes to

congratulate Melisa Pash

Winner of the 2007 Industry Award at the Aboriginal Music Awards!

We are so proud of you Melisa for receiving this high honor on the National Aboriginal music scene. Recognition of your talent certainly reflects positively on your individual drive, courage and perseverance. You have put Cree talent in the limelight along with your esteemed work. Congratulations on having built a remarkable reputation for yourself so early in your career.

We wish you all the best with your innovative "Protégé Program" it is a wonderful way to help young Cree musicians in all aspects of launching their music careers. Your dedication to the art of music and to the youth is truly inspirational.

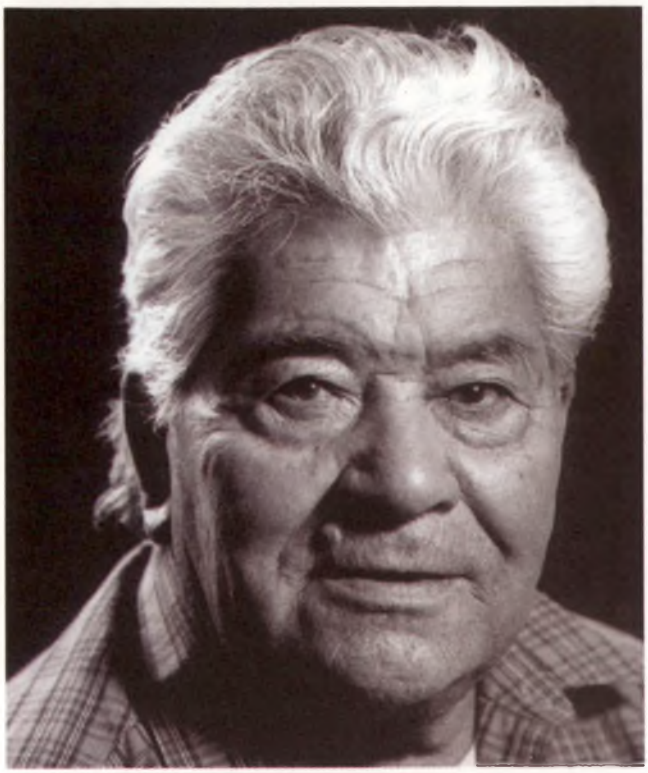
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Chief Jimmy Mianscum

Jimmy Mianscum - In Memorium

Former Chief of the "Doré Lake Crees," Jimmy Mianscum died in Chibougamau November 5 after a lengthy illness. The Elder was the first, in the 1960s, to try to convince the Government of Canada of the Ouje-Bougoumou people's right to a separate and permanent village.

In an open letter to Ouje-Bougoumou and the Cree Nation, Chief Louise Wapachee remembered Mianscum's extraordinary presence and contributions to the community as exemplifying "the struggles, the dreams, the faith, and the visions of a generation of Elders," who encouraged and inspired their communities. Wapachee also noted that Mianscum will be deeply missed, not only by the people of Ouje-Bougoumou, but also by the many visitors he welcomed to the community. Jimmy Mianscum is survived by his son, David, and daughter-in-law, Cecilia.

Two Mommys

Rezolution Pictures' latest documentary, Mommy, Mommy, had its Montreal debut at the Image + Nation, Montreal International Queer Film Video Festival on November 18. The film follows the ups and downs of a lesbian couple as they struggle to adopt children in Quebec. The couple originally heard about the children they were to adopt from a *Nation* reader who informed them of a notice in the magazine.

Mommy, Mommy is also scheduled to air on CBC Newsworld on "The Lens." Watch for it Tuesday, December 4 at 10 pm and 1 am Eastern, and Saturday, December 8h at 11 pm and 2 am Eastern.

For more information on the film, visit: http://www.cbc.ca/thelens/program_041207.html



photo by André Lemay

CNACA to show off Cree Arts and Crafts

Looking for a place to display your art? The Cree Native Arts and Crafts Association is currently collecting tamarack decoys, moose-hide products and spruce baskets for sale at the Salon des métiers d'art in Montreal, Dec. 6 to 17.

With its first ever showing at the Salon, CNACA aims to increase the exposure of authentic Cree arts and crafts to southerners. The greater market demand for Cree arts and crafts, CNACA organizers hope, will ultimately preserve and promote the Cree traditions and way of life.

For those planning their Christmas shopping, the Salon des métiers d'art represents a chance to buy locally-made and environmentally-responsible gifts.

CNACA was formed in 1975, under section 28 of the JBNQA. The organization's main goal is the promotion, support and development of arts and crafts and the cultural industries of Eeyou Istchee.

The Salon des métiers d'art runs Dec. 6-22 at Place Bonaventure in Montreal. For more info, check out their website after November 27, at: www.salondesmetiersdart.com/

Corrections

In our last issue, Vol. 14-26, the *Nation*, in conjunction with the Cree Board of Health, Public Health, published the stories of four Cree women living with diabetes. The stories of Florence Cheezo and Margaret Cheezo were accidentally reversed. Florence Cheezo's story should have contained the information written under Margaret Cheezo's name. The Cree Health Board, Public Health and the *Nation* would like to apologize to Florence Cheezo and Margaret Cheezo for the error.

In the *Nation*'s last issue, Vol. 14-26, within the article on p.9, "Melisa Pash honoured at CAMA," it was Kenny Mianscum of Oujé-Bougoumou who was nominated for the Keeper of Traditions in Aboriginal Music Awards at the Canadian Aboriginal Music Awards.

CIER greens communities

Matthew Coon Come helped found organization in 1994

By Steve Bonspiel

The Centre for Indigenous Environmental Resources helps Aboriginal communities in their uphill battle to become more environmentally responsible. Unfortunately, few *Nation* readers are familiar with their mission because the centre is located in Winnipeg.

CIER does have Cree connections: former Cree Grand Chief Matthew Coon Come was a founding board member in 1994, while Shaunna Morgan, who grew up in Waskaganish, is Senior Manager in charge of climate change at CIER.

The Centre's mission is to "assist First Nations with building the capacity to address the environmental issues they face."

Lawyer Merrell-Ann Phare has been with the organization from the beginning, initially to help CIER register as a charitable organization. Since then she has moved into the hot seat as Executive Director in what she calls her "dream job."

The organization is working on a number of initiatives to help First Nations communities across Canada become greener. These include small things like recycling and composting to larger ventures like their current 18-month plan, "Comprehensive Community Planning Training Program."

The program was so popular that 40 communities applied, but they only had enough resources to accept six. CIER is working to mobilize these six communities with an integrated long-term plan for every environmental issue they face. They are currently looking for more money from the government to include more communities in future projects.

"In 1994, 10 chiefs were approached by the government to give advice on a couple of environmental initiatives and they realized that they had no technical capacity within their band or community to actually get into the real meat of some of these environmental problems, so they created this organization to deal with some of those capacity issues," Phare told *the Nation*.

"We start from a perspective that is very First Nations' rights oriented. The way you protect your rights is by implementing them. Environmental rights are the same as any other kind in that context. Protecting the environment is an Indigenous right."

Early on, CIER helped to train community members in environmental issues at the university level. Many communities did not have a representative solely dedicated to the environment. That program lasted six years. Many of those have gone onto Masters degrees, jobs with the government, working for CIER, or have brought their knowledge back to their communities.

"Our current mission is to build capacity in First Nation communities to manage and deal with their environmental issues," she said. "That ranges from climate change issues to protecting their lands and waters, conserving biodiversity and building sustainable communities."

CIER is registered as a charity and does not receive any core funding from the government. They do seek grants for various programs from both levels of government and certain foundations. They are in need of a full-time fundraiser, Phare said, but they have not hired anyone as of yet.

The Centre has implemented more than 100 projects, things like landfill planning, to more broad strokes such as what the First Nation considers their long-term environmental vision and how they are going to get there.

The board is made up entirely of Aboriginals. Phare said about three quarters of the 22-member staff are from First Nation communities.

Over the next five years, CIER will be working on suggestions they gained during a 2003-05 consultation of more than 200 communities. "We asked them about their environmental priorities," Phare said. "We asked them if



FIRST NATIONS COMMUNITIES COULD BE MORE ADVERSELY AFFECTED BY CLIMATE CHANGE BECAUSE IT IS SO CLOSELY TIED TO THEIR WAY OF LIFE.



they could direct us to help them with what they want to do, what they would need."

That maneuver helped to set their direction for the next five years on what they should be working on and who was interested in the projects.

Aboriginal Leadership

CIER recently signed an agreement with the Canadian Boreal Institute to build an Aboriginal Leadership Institute to promote economic development in the boreal forest. They are reimbursing them for time spent on the project; ironically this is the first environmental organization that has given money to CIER since its inception.

Senior climate change manager Shaunna Morgan and her team are searching for seven Advisory Committee members in seven different regions of Canada to help work on climate change impacts and adaptation. She is also working on identifying priority areas for the federal government regarding adaptation for First Nations communities.

Morgan said First Nations communities could be more adversely affected by climate change because it is so closely tied to their way of life. "Because some First Nations still go out and do a lot of hunting, trapping and fishing, climate change in the colder months has had a big effect," she said.

"I've heard stories of people going through the ice with their skidoos. Some people have died going through the ice on the winter roads. The shortening winter road season for those communities that rely on winter roads affect the costs of goods, the amount of time people have to go and purchase goods. It limits the amount of time you can visit family or other communities as well."

A good way to fight global warming and to curb the use of harmful products that have devastating impacts on the environment would be to take a conscious approach to one's everyday life.

"I think there are two things we can do," said Morgan. "I want to focus in on where people use the most energy. The first is transportation."

Morgan said she could remember when Waskaganish had hardly any cars. Now that has changed since the access road came in a few years ago and the number of cars has increased dramatically. People also walk less, are more obese and have other ailments, all because of the luxury of the automobile.

"When you go to sleep at night or you aren't in the house, turn the thermostat down," she suggested. "One problem is when it gets cold, people crank the heat right up, then it gets too hot, so they turn it down and open the window. That's not good. The elders say take what you need and that's what it's about, to take what you need."

CIER is currently working with Indian and Northern Affairs Canada on a website that provides important information on renewable energy.

Some bands, said Morgan, would greatly benefit from the three Rs: Reduce, Reuse, Recycle.

"If you are using diesel or coal, it might be a good alternative to help reduce your own First Nations' emissions," she said. "It could also be an economic opportunity if you are close to the transmission grid, you can sell your electricity to a power provider. It's two-fold. Even if you are in a remote community, the cost of diesel is going to keep rising. So getting off diesel for those communities is an important climate change adaptation."

Climate change is becoming more and more prevalent within Native circles and it affects the poorest communities and individuals to a much greater degree.

"When you are living below the poverty line you cannot afford to run out and purchase an air conditioner on a very hot day. Longer, hotter summers are predicted for the years to come and with it comes a bigger stress on the really young and the elderly."

For more information or to find out how the Centre for Indigenous Environmental Resources can help you and your community, go to www.cier.ca

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Urban recycling
We have a long way to go

By Amy German

With a provincial government mandate to divert 60 per cent of its waste from landfills, Greater Montreal is looking to adopt more intensive recycling programs. Other Canadian cities, such as Halifax and Toronto, already have such systems in place.

Nova Scotia was the trailblazer in greener living programs, banning organic waste from regular garbage pick-up back in 1998. The Atlantic province not only sells its organic waste compost to support the program, they also have programs in place to recycle beverage containers of all varieties, used tires, paint, vehicles, computers, hazardous household waste, among others. In 2001, Nova Scotia met a province-wide goal to divert 50 per cent of its waste from its landfills.

Toronto, on the other hand, incorporated composting in its recycling program out of necessity after the state of Michigan closed its doors to the Ontario capital's landfill waste. Toronto's organic waste diversion targets were 60 per cent by 2006, 80 per cent for 2009, with an ultimate goal of 100 per cent by 2010.

Montreal has just announced its own plans to step up its recycling programs to meet the provincial 60 per cent waste diversion program though it's still waiting on approval from the province to fund the infrastructure that will require.

The first step came into effect recently as recycling services were extended to the entire island of Montreal. Previously, tenants of apartment buildings with nine units or more were not eligible. Now the entire island has the service.

"We were just awarded a contract a week ago that is going to double the amount of recycling tonnage on the island," said Montreal Executive Committee member Alan De Souza. "The recycling capacity will go from 105,000 to 230,000 tons. It's a 10-year contract that will cost us nothing."

With the profits recouped from selling off the recyclables, the plan is expected to pay for itself.

Keeping in line with the province's plan to also reduce greenhouse gasses, the Montreal Metropolitan Community, which includes 82 cities and almost half the population of Quebec, has submitted a billion-dollar proposal to put in place composting and ultimate waste disposal infrastructure.

"We estimate 337,000 tons of compost or compostable materials to be able to be generated on the MMC, not just the island of Montreal but the broad region of the MMC," said De Souza.

The composting plan would include organic yard waste and possibly a table scraps pick up plan should it be accepted. In the meantime the city has been running pilot projects in various neighbourhoods as a means of troubleshooting should the plan come into effect. The plan, however, would not be like what exists in Nova Scotia, where all organic materials are banned from regular garbage disposal and transgressions are punished with fines. In Montreal, recycling of all materials would remain optional.



photo courtesy of Wemindji Band

Wemindji's recycling plant

Though there is a margin of profitability when it comes to composting organic materials and many communities across North America have managed turn a profit of their waste materials, the CMM is not focusing on that at the present time.

"At this point it is premature to say, but I think what we want to do is to maximize the returns. In our waste management plan we are trying to take a life-cycle approach. Whether it's organics, composting, recycling or other, we can maximise this value at every level," said De Souza.

The CMM is still waiting for approval from the provincial government. But should they get the green light, De Souza wants to put the wheels in motion as early as January 2008.

In June, the Quebec government awarded Wemindji the prestigious Prix Phénix de l'Environnement for being the first Cree community to initiate curbside recycling. Wemindji Environmental Administrator Johnny Mark said the program won't generate profits because of the size of the community.

"If all of the communities chipped in we might be able to officially meet our costs and break even," Mark said. "If we could achieve that we would be accomplishing a lot."

IN THE END WHAT IS IMPORTANT IS THAT THERE IS AN EFFORT IN PLACE TO PRESERVE OUR WORLD AND ITS RESOURCES.

The James Bay Northern Quebec Agreement celebrates its 32nd Anniversary!

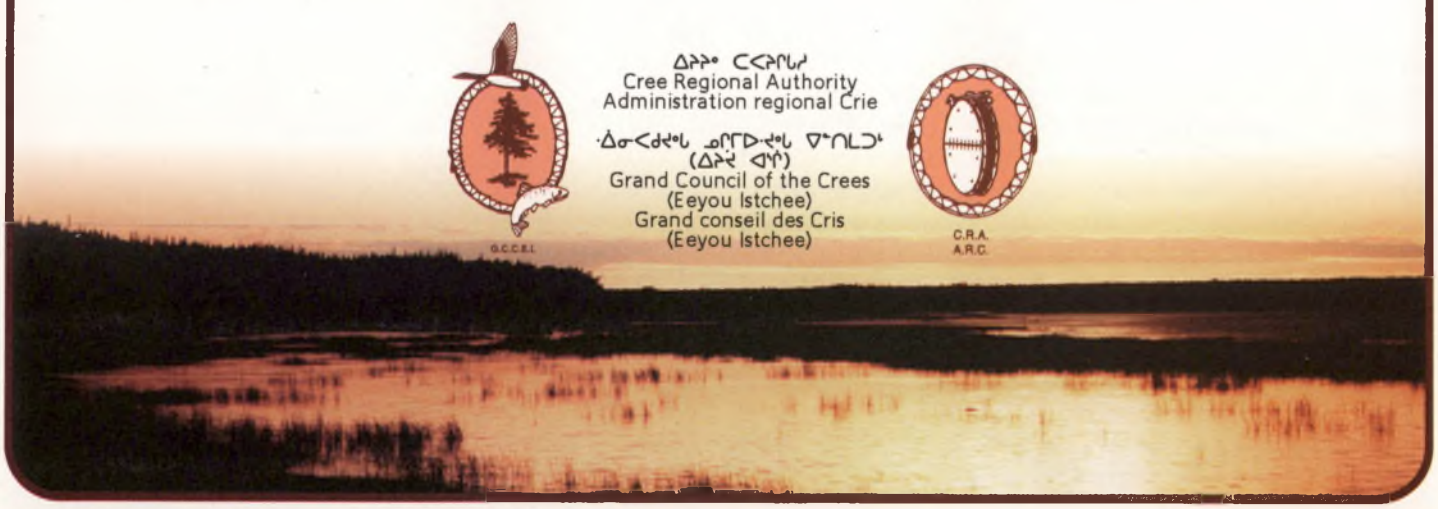
NOVEMBER 11, 2007

The James Bay and Northern Quebec Agreement was the first modern treaty. The Crees negotiated to secure our ability to continue our traditional way of life or to choose to participate in employment to be created by the development of Cree institutions, including, among others, the Cree School Board, Cree Board of Health and Social Services, the Cree Regional Authority and local Cree community governments. It also promised to open doors to Cree participation in the Regional and larger economy.

However, doors do not open by themselves. We have fought for our rights in the courts. Our leaders have met representatives of Quebec and Canada many, many times to promote our interests. Most importantly, we have stood together, as the Cree Nation, to promote our views in Quebec, across Canada and around the world.

In 1975 the Agreement gave us a place from which to fight for our right to determine our future. Along the way, there have been many mile-stones that mark the success of our collective efforts:

1977:	Quebec Legislation to implement the Agreement
1978:	Federal Legislation to implement the Agreement
1981:	The founding of Air Creebec
1982:	Review of the Federal Implementation of the Agreement (Tait Report)
1984:	Passage of the Cree/Naskapi of Quebec Act - and initial local government funding
1988:	Agreement with Quebec on the regime for Cree School Board
1989:	Agreement with Canada on the regime for local government funding
1994:	Cancellation of the New York Power contract and withdrawal of the Great Whale River Hydroelectric Complex
2002:	New Relationship Agreement with Quebec and Hydro Quebec – Eastmain 1 and 2 Projects, past implementation of JBNQA by Quebec and Hydro Quebec settled
2003:	Agreement with Quebec on funding for Cree Board of Health and Social Services
2007:	Justice Agreement signed
2007/2008:	Cree-Canada Agreement - past implementation and Cree Nation Governance to be signed



Profiting from recycling programs depends on volume. In Wemindji, materials are transported to a recycling facility in Chibougamau every few months.

Despite their early recognition, Mark insists that Wemindji's recycling program is still in its preliminary phase. "We will also be implementing a household hazardous waste program for things like batteries, paint, light bulbs, fluorescent light bulbs and this hazardous waste program will handle aerosol cans," he said. "This program also diverts hazardous waste from the incinerator."

The focus is thus on preventing further damage to the environment. Mistissini has expressed interest in setting up a similar program, Mark noted.

Profitability on recycled and composted materials has a decent margin, depending on the market value of the materials at the time. One very innovative community -- Wilton, New Hampshire -- started up its own full-on recycling program with great success a decade ago.

Chris Covel, who lives in neighbouring Lyndeborough but whose waste is processed in Wilton, said the community program does turn a profit. Their recycling include various forms of organic materials, paper and cardboard, metals, glass, appliances and many other materials, allowing the county to reduce its landfill waste by 80 per cent.

"If you have to get rid of something like a TV or something that has mercury or Freon like refrigerators, you have to pay a certain fee, $3 or $5, for them to drain the Freon or the mercury and they are sent to a hazardous waste recycling facility," said Covel.

Though different communities and provinces may have come to the schoolhouse ethic of reduce, reuse and recycle for different reasons, in the end what is important is that there is an effort in place to preserve our world and its resources.

Dave Peace
LIVING OFF THE GRID

By Amy German

> "THERE IS **CHEAP STUFF** AND THEN THERE IS **GOOD STUFF**, BUT BASICALLY THERE IS **NO GOOD CHEAP STUFF**."
>
> Dave Peace

While the idea of living off the grid full time might appeal to many, it's still a very new concept and, in practice, not very widespread. But Dave Peace, a Norvik air bush plane pilot, had no choice.

"Where I live is really the seaplane base. We operate an air service and we chose the location because it was a suitable spot to base the aircraft in the summertime. It's about 10 miles upriver from the town of Waskaganish," said Peace.

For as much as being situated out in the bush has advantages, particularly when your priority is an ideal spot to base a seaplane, having Hydro install poles all the way up to Peace's camp was not an affordable option. So he went with alternative energy.

Unlike most people who use alternative energy to power their homes, when it came to setting up his system, Peace decided to wing the project himself, and headed to a Canadian Tire to purchase his first batch of components.

"It was a little mini system and it did not last very long. I have discovered that you get what you pay for when it comes to alternative energy. There is cheap stuff and then there is good stuff, but basically there is no good cheap stuff," said Peace.

Peace uses a number of different sources to heat and power the five buildings at the Smoky Hill base camp. His main power source comes from solar panels, but, as alternative energy sources cannot yet generate enough heat on a residential basis, he has a wood stove and also runs a propane generator for home heating and to power the stove and fridge.

Peace also has a small wind generator. "It's a small unit that turns very fast and it's actually kind of noisy," he noted. That does not mean that he is opposed to wind energy for the home but, "The wind generators on larger installations are quite viable where you have very big, slow turning units but they are quite expensive. I like the solar better and I find that it pretty much handles our needs."

Peace does not even need the wind generator for most of the year. "From February through mid October the panels do what I need them to do without any back up. I have a back up generator system that acts with a high efficiency battery charger that tops up the batteries in those months," said Peace.

Surprisingly, according to Peace, "The panels are actually more efficient in the winter than they are in the summer. In lower temperatures they become more efficient." The only time he experiences any difficulty with his solar panel system is from mid October through until the end of December due to the lack of daylight and predominantly overcast weather.

Peace's intricate set up is able to meet both his home and business needs. That's impressive considering that it includes everything from regular home appliances to a fuel pump for the planes and several radios used for communicating with the aircrafts. He is energy conscious, however, and only uses compact fluorescent light bulbs. Nor does he use a clothes dryer.

The present system at the Smoky Hill base camp cost about $12,000 – not counting what Peace called his "mistakes," or "learning experiences." He is looking on expanding the system and when it is completed he estimates that it will cost about $20,000 in total.

Peace is very enthusiastic about the practical and environmental benefits of alternative energy sources. But hard lessons lead him to recommend against a do-it-yourself approach. He recommends that those interested should consult a professional for the purchase and installation of these varieties of products.

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POISONED BEAUTY

By Manon Legault

PERSONAL CARE PRODUCTS ARE LOADED WITH DANGEROUS CHEMICALS

There are more than 5,000 ingredients allowed for use in personal care products. Many are identified as hazardous by government agencies, and many others haven't even been tested for safety in human beings.

As the skin is the biggest organ in the body, it absorbs most of these care products. Many of those ingredients then enter the blood, organs, and, in pregnant women, the foetus. They are more readily absorbed in young girls and young women, because their bodies are still developing.

Beauty products, from shampoos to mascara, can contain propylene glycol, which is widely used as a moisture-carrying ingredient because it is cheaper and more readily absorbed. It is known to cause contact dermatitis, kidney damage and liver abnormalities.

Colours in cosmetics are chemically synthesized and derived from coal tar. These have been shown to cause cancer in animals. Impurities like arsenic and lead in some coal tar colours have been shown to cause cancer not only when ingested, but also when applied to the skin.

One study found that 61 per cent of lipsticks tested were found to have unacceptably high levels of lead. A person who wears lipstick everyday can ingest as much as four tubes a year. According to Stacy Malkan, author of *Not just a Pretty Face: the Ugly Side of the Beauty Industry*, "Repeated, daily exposures to low levels of lead add up – and they add up on top of lead from paint and drinking water, which is especially a problem in low income communities. There's no excuse for lead in lipstick."

Lead can cause lower IQ, reduce school performance and increase aggression. Young girls and pregnant women are especially vulnerable to lead exposure. It has also been linked to infertility and miscarriage.

Widely used lip balm contains phenol, a poisonous chemical also used as a pesticide. Reactions to phenol include rashes, vomiting, nausea, convulsions, paralysis, and even death.

Most of these products also contain preservatives called parabens, which are endocrine disrupters. They can bind to estrogen receptors in women, and can potentially affect estrogen sensitive functions in the body. Parabens are easily absorbed through the skin.

So what can you do? You can wear less makeup, or wear it less often, but this is not always a realistic option.

The easiest way to avoid a chemical exposure is to buy unscented products. Fragrance, which seems harmless enough, produces a whole range of symptoms, from dizziness to depression. The U.S. Environmental Protection Agency has found that 100 per cent of perfumes contain toluene, which is highly toxic to humans. Most companies will make at least one version of their product in unscented, or for sensitive skin. This is a good start.

Another thing to avoid altogether is antibacterial products. These can be found in cleansers, deodorants, and other cosmetic products. In many cases, antibacterial agents actually encourage the rise of drug-resistant bacteria.

You can also make some of the products that you use every day. Here are a few recipes and ideas:

Oatmeal cleanser

Process rolled oats in a blender until fine. Massage a small amount onto wet skin, then rinse. This will clean your skin and make it softer, for a very small price. You can keep some in the fridge for at least a week.

Citrus cleansing milk

1/2 cup of plain yogurt
1 1/2 teaspoon of lemon juice
1 tablespoon of jojoba oil (or other oil)

Blend yogurt and lemon juice. With blender running, slowly add oil. Pour into jar and add essential oil. Massage a small amount onto skin and rinse.

Skin moisturizer

Grape seed oil: it does not have a scent and is not expensive. It can be found in any grocery store.

Drinking a lot of water can also ensure that your skin is well moisturized, as well as taking omega 3 supplements, which are also good for wrinkles.

Some companies put less toxic ingredients in their products than others. Here are a few:

Clinique, Marcelle and Almay are all entirely fragrance-free.

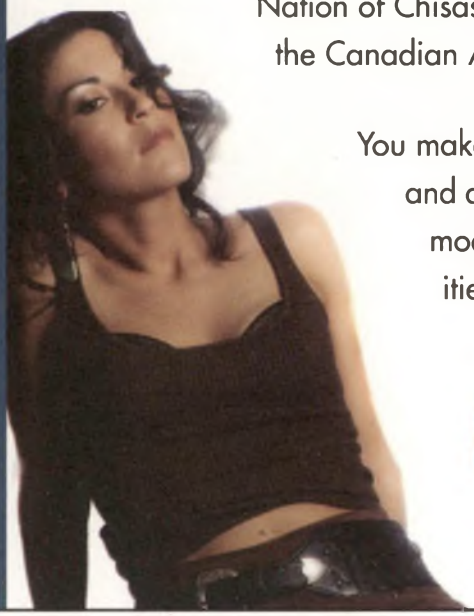
Biotherm, Cetaphil, Curel, Roc, can be found in most pharmacies.

Revlon lipsticks do not contain lead.

Companies that make organic or partially organic products include: Burt's Bees, The Body Shop, Ecco Bella, Lavera, Jason, Nature's Gate, Aveeda, Avalon, Druide, Aubrey Organics and Weleda.

There are many ways to avoid chemicals in our everyday life, and there are many reasons why we think that getting sick won't happen to us. Everything we put on our hair or our skin eventually ends up in the water, and it's packaging in a landfill, where it leaches into the ground. It might take a little bit of effort and a little bit of research, but why not put more chances on our side and not only become healthier, but make our environment cleaner as well.

CONGRATULATIONS
Melisa Pash!



On behalf of the Cree Nation of Chisasibi and the community members, we offer our sincere congratulations to Melisa Pash, a member of the Cree Nation of Chisasibi, on receiving the 2007 Industry Award at the Canadian Aboriginal Music Awards.

You make us proud and we feel that you have earned and deserve this recognition. You are indeed a role model and have demonstrated what natural abilities, hard work and perseverance can achieve.

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The diabetes war

News from the frontlines

By Amy German

It's been a whole year since the first Cree Regional Diabetes conference – held last November in Mistissini – and while much has changed since that time the diabetes epidemic has remained the same. In other words, it continues to grow.

But there is some debate about the nature of that growth. While there are more officially recorded diabetics in Eeyou Istchee, some think this may be due to more aggressive testing policies at the Cree Health Board.

"We have been working with public health and the clinics to get more people screened and create awareness," said Sol Awashish, program officer for prevention of chronic diseases for the Health Board. "A lot of the time when people start showing symptoms, like being thirsty all of the time and having to urinate frequently, they have had it for five or six years."

On the positive side, sweeping changes have followed the CHB focus on health education. They are seeing results.

"A lot more people have started walking, we now see a lot more people walking in the communities," Awashish noted. "Walking is just the best form of exercise as you don't need anything to do it."

Since 2006 the CSB has been touting the benefits of exercise as their best weapon against the disease. Awashish said the new sports complex in Mistissini is giving residents there more opportunities to be physically active.

"The recreation directors in all of the communities have also been working on creating more physical activities that people can participate in. There are also now a lot of walking clubs."

The Health Board has also put a lot of effort into making healthier foods more readily available in the communities, both commercially and at home. "We have been working with a lot of the restaurants to change their menus, to offer foods that are healthier," Awashish said.

There are now also dieticians working with the communities to teach people how to eat healthier and show them how to make better choices and even helping them out in unexpected places. "Sometimes they will help people to do their shopping to show them what to buy in the grocery stores to show them what they should be buying," he said.

While healthier shopping can play a big role in fighting diabetes, Awashish emphasizes that the wilderness supermarket still offers the best food choices.

"A lot of studies have found that it is much better for aboriginal people to eat traditional foods, especially for those that have diabetes," said Awashish. "We used to hunt for our food but we modernized too fast. A lot of new technology came into the communities very quickly and now we are very sedentary."



The CHB will be holding another Regional Diabetes Conference sometime in 2008 but for this year they have been hosting what Awashish described as "mini-conferences" in the individual communities throughout the month of November.

For more information contact the Cree Health Board.

INFLUENZA

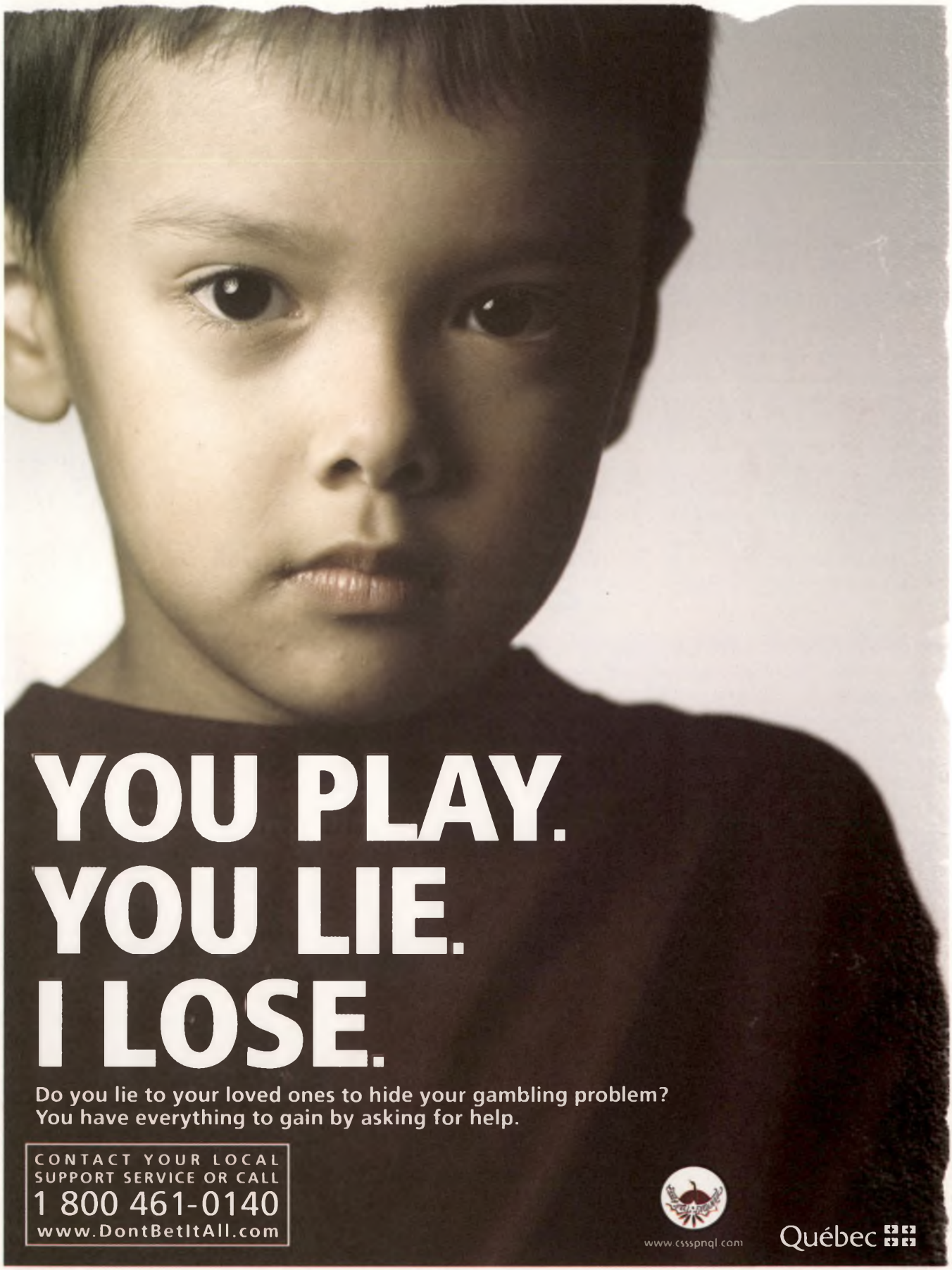
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Getting gift advice from the big guy

By Amy German



Though the retailers ramped up their Christmas advertising campaigns at the end of October, most parents are only now pondering what they should be putting under the tree this season for their little children. There are always the hot toys, which sometimes have a tendency to sell out like last year's Elmo TMX and the Nintendo Wii or the award winning toys that might be durable and educational but are not carried by major retailers and are therefore hard to find.

With all this in mind, The Nation decided to consult with the expert on Christmas toy giving by calling a community even further north than the Cree communities, the North Pole, to see what Santa had to say about this year's toys.

Here are Santa's picks for 2007

Santa and the Canadian Toy Testing Council both recommend the Playskool "Busy Ball Popper" for babies aged 9 months and up. This new lively air-powered, ball-poppin' toy features silly sounds and upbeat carnival-like music. Little hands can push the balls into the toy's clear launcher and press the big red button and the music plays as the ball travels through the launcher and up into the air. This product retails for approximately $30 and it is available at most toy retailers.



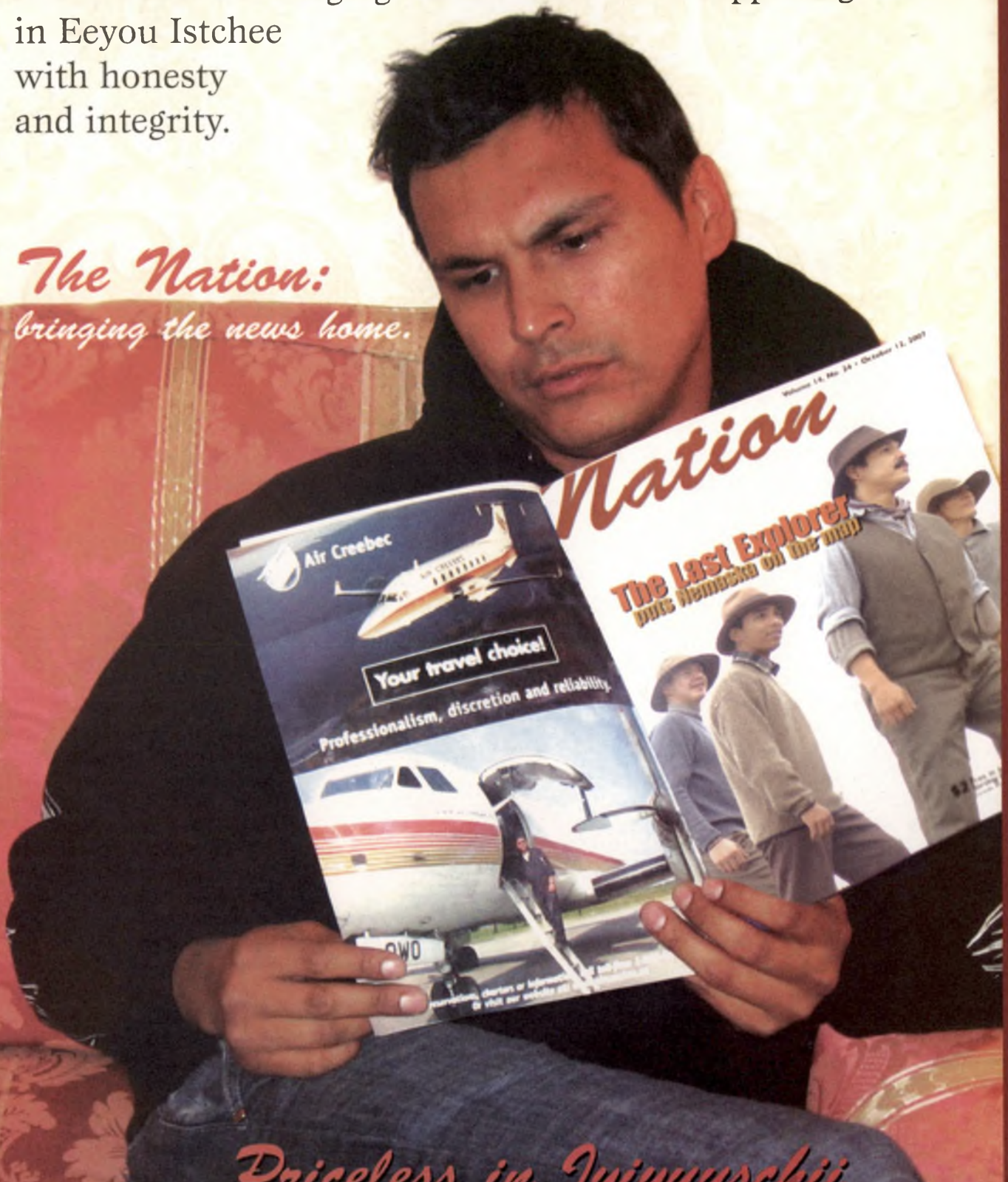
As the little ones always want to have the same kinds of toys as mommy and daddy, Fisher-Price has created the Kid-Tough™ Digital Camera for the budding shutterbug. Recommended for ages 3 and up, kids can take, view and even print their own digital pictures. This durable camera is a great way to encourage creativity and it is compatible with Windows 2000 or higher and with MacIntosh. This product retails for approximately $70 is also available where most toys are sold. For more info, check out www.fisher-price.com

As little ladies generally can't wait to get their hands on all things Barbie, for the little gal that loves her tunes the new Barbie Girls Mp3 player is the way to go. Gals can plug their girly gadget into the home computer to download songs and also go online for exclusive Barbie Girls online content. To personalize it, the Barbie Girls Mp3 player also has interchangeable pieces for hair, facial expressions and clothing so it's like having two toys in one. Recommended for ages 6-10, this product retails for approximately $60 at Toys

Nation

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R'Us and at various other retailers. For more information go to http://barbiegirls.com

Transformers Optimus Prime vs. Megatron: The Ultimate Battle play set

With the success of this summer's Transformers live action flick, what was old is new and trendy once again and all of those wondrous transformable toys from the 1980s are back. With the Transformers Optimus Prime vs. Megatron: The Ultimate Battle, both the villain and the hero come in one package so that the robot fighters can wage war in your home. Though this product itself is in high demand this season, both Optimus Prime and Megatron can also be purchased separately along with all of their alien robot fighter friends. This product retails for approximately $25 at most major retailers and the dolls themselves separately generally retail for $10 to $13.

What is a childhood without Lego? Though many of us can hardly imagine a world without Lego, now your kids can finally build their own snowmobile with the new Lego Technic Snow Mobile. This toy also won a Children's Choice award through the Canadian Toy Testing Council. Kids can build either a bulldozer or a snowmobile with this 331 piece set that features realistic functions and detailing. The instructions are detailed but easy enough for a child to follow and it also gives them insight into how the real deal works. This product goes for approximately $30 and can be found at most major toy retailers. For more information go to: www.lego.com

Though Santa may have some great ideas, the best ideas always come from your child. Santa suggests that if you want to be sure about what to get the little ones on his list, it's always best to sit down with your child and write him a letter.



continued from page 5

Since its inception last year, over 800 people have tried it, including the Rouge et Or champion football team at the Université de Laval.

Talented actress Jennifer Podemski emceed the event, which also included Samien, an Anishinabe rap singer from Pikogan. He was joined by Cree favorite CerAmony, who have a huge following for their hard-rocking, politically-driven lyrics.

Kanesatake Mohawk Duncan Cree, 35, also took the stage to speak to the youth about their future goals. His path to what he hopes will be the moon has been littered with setbacks, starting with his failing Grade 5. But he persevered.

"After high school I did an aircraft maintenance program for two years, one in English, one in French," Cree told *the Nation*. "After college I went to Concordia University and got my Bachelor's in Mechanical Engineering. Then I did a Masters in Engineering for two years and now I'm doing a PHD in Engineering."

Cree hopes to throw his name into the hat for the next trip to the moon after he won a $25,000 scholarship this past summer with the International Space University to study toward becoming an astronaut at the University of Beihang in Beijing, China. The Canadian Foundation for the International Space University gave Cree the cash to attend. NAAF also gave him spending money while he was there.

Cree said the last two recruitment campaigns were in 1983 and 1992. About 1000 people usually apply and only two or three of the best are selected.

"Before, the space race was between the U.S. and Russia. Now it's between the U.S. and China," he said. "They want to go back to the moon around 2016 and then to Mars by around 2030."

Cree said he learned about satellites, rockets and radiation and its effects during his summer in China. He also met many interesting and colourful people from around the world.

As for his chances of going to the moon, Cree had a meeting on October 29 with the Canadian Space Agency to get a debriefing on his summer in China. It was one more step towards his dream.

Cree's message to the youth was simple.

"Even though you fail a few courses here and there, don't give up," he said. "Keep going. It's also very important to learn from your mistakes so you don't make them again."

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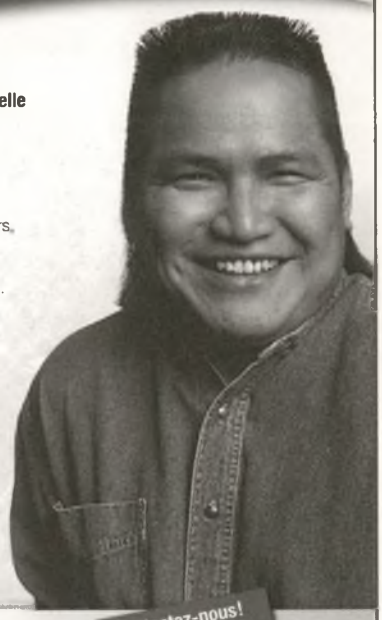
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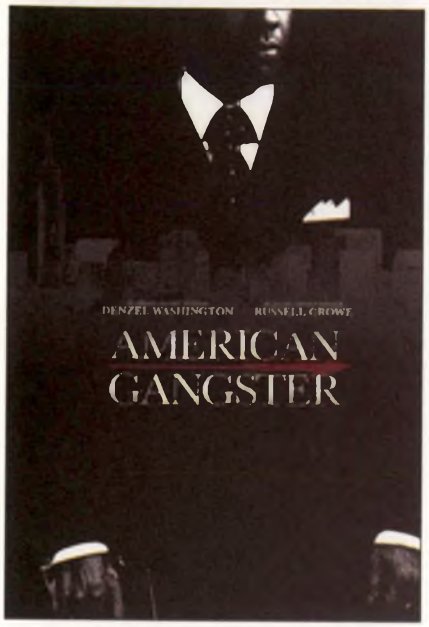
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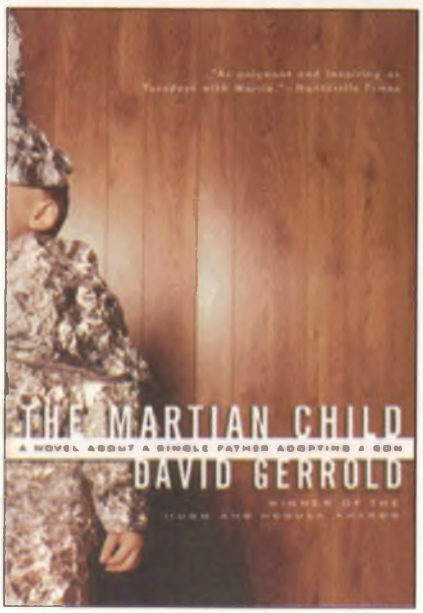
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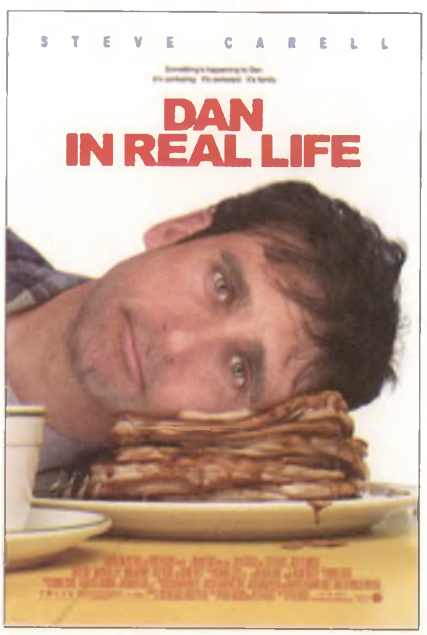
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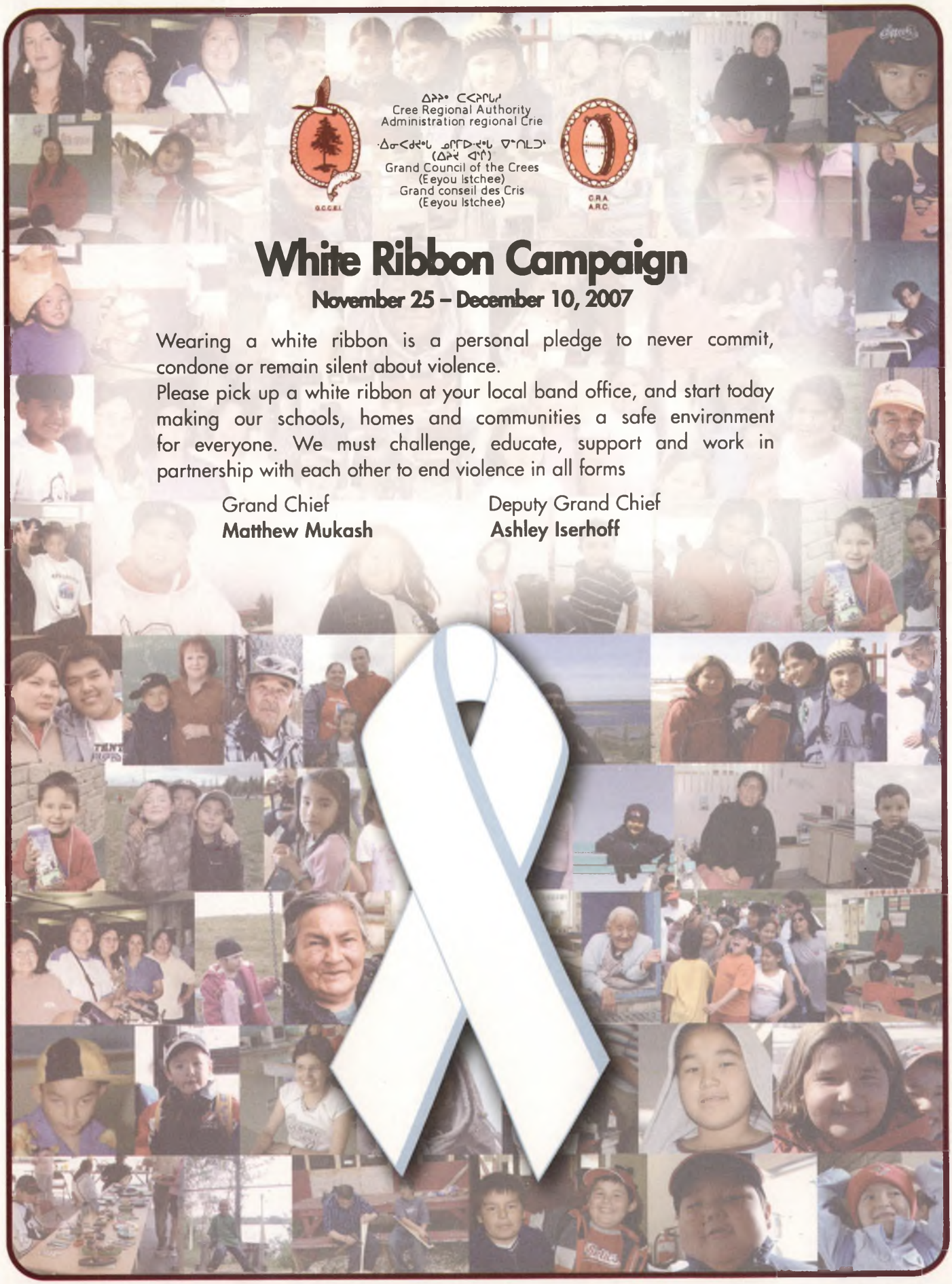
American Gangster – Directed by Ridley Scott, written by Steve Zaillian, staring Denzel Washington and Russell Crowe. Take the real life story of Frank Lucas' rise to notoriety in Harlem in the 1970s and you have the recipe for another gangster epic in film. The movie is two-and-a half hours long, but you will be so riveted by this story that you will hardly notice the time pass. Richie Roberts is a New Jersey cop who turned in almost $1 million in untraceable money and was ostracized by his fellow officers. He was then appointed to a newly formed special drug investigative unit, and stumbled across the Harlem empire being built by Frank Lucas. Given that his empire is built on drugs, there is copious violence, drug use, and other associated activities that push this flick into a more mature category of audiences. Despite the criminality, Lucas was well loved in Harlem for helping the homeless and those in need get through difficult times. While Russell Crowe and Denzel Washington discussed doing this movie back in 1995, it took a time to move from idea to large-screen production. For those who loved *Scarface* or other movies of the rise-to-the-top gangster genre, you will not be disappointed. It is not a family night at the movies, but it has award-worthy performances and direction.

The Martian Child – I would usually endorse any movie with John and Joan Cusack. They always have good dialogue, and this movie is no exception. Amanda Peet does a good job as the friend/love interest of John Cusack's character, David Gordon. He is a science fiction writer who gets contacted by an adoption agency concerning a request he made. However, his wife has since died. The adoption agency wants him to come anyway, as the child they want him to meet, Dennis, thinks he is from Mars. They believe he will make a perfect match as Gordon is a science fiction writer. So far, it is an intriguing premise with a great cast. However, the movie falters on direction or perhaps the script. We get it early on that the child is weird. He lives in a box, and believes he has powers. Yet, the writer and director are not sure if they want us to believe he could be from Mars or if he is just troubled. They keep reinforcing his odd behaviour, and the child actor, Bobby Coleman, does not give us enough in the end. It is perhaps not his fault as much as the conflicted battle by the either the director or the writer to actually bring the story to conclusion.





Dan In Real Life – Dan Burns (Steve Carell) is an advice column writer at the local newspaper. He is also a widowed father of three daughters. One daughter is just learning how to drive, another daughter is learning about dating, and the youngest still misses her mom. Each one is having a personal crisis. Dan is also having difficulties handling being single parent. After heading to a cottage in Rhode Island to an annual family gathering, Dan falls in love with a woman he meets in a bookstore. It turns out this woman, Marie (Juliette Binoche), is dating his brother Mitch (Dane Cook). The cast is believable, and the dynamics of the family are good. It is written and directed by Peter Hedges, who also wrote and directed *Pieces of April* starring Katie Holmes (a.k.a. Mrs. Cruise). *Dan in Real Life* is likely not going to win an Oscar, but it is a nice movie to see.



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Elizabeth: The Golden Age – If well-acted historical drama is your thing, this is a good choice. It recounts the threat to Elizabeth's reign, when Spanish King Philip sends the largest armada of ships ever gathered to crush England and its Protestant faith. The movie shows a strong Walter Raleigh (Clive Owen) being introduced to the court of Queen Elizabeth, who ruled from 1533-1603.

Directing is Sheikh Kapur, who directed Cate Blanchett in the first installment on the life of Queen Elizabeth, aptly entitled *Elizabeth*. She was nominated for an Oscar in the category of best actress in a leading role for her work in the original film. She could easily receive another nod from the Oscars for her return performance in this sequel. She was reluctant at first to do this sequel until she saw the script. With a strong script, good cast, and direction, it is hard to say that she did not make a good choice. Not for everyone, but it's a good movie on a quiet night.



The Heartbreak Kid – This movie is directed by Bobby and Peter Farley, who gave us comedy blockbusters like *Something About Mary* and *Dumb and Dumber*. *The Heartbreak Kid* is about Eddie Cantrow (Ben Stiller) who has difficulty with relationships and timing. When is looking to take the plunge into married life, he meets a woman he considers wife material: Lila, played by Swedish born Malin Akerman. While on his honeymoon, he begins to fall in love with Miranda (Michelle Monaghan). However, unlike *Something About Mary*, the plot is too long in dialogue with sleepy lags between humorous plot developments. The movie is almost two hours long, and a good session of editing could have helped this movie out a lot. For instance, the opening dialogue between Ben Stiller and his real life father, Jerry Stiller, does not work well. It would not make the top of a must see list, but I would say it is worth a rental on a night when you have already watched all the other movies on your list.



Assassination of Jesse James by the Coward Robert Ford – Like the title of this one, the movie is too long and awkward. The characters are thin, with no development deep enough for one to be really concerned how any of their lives turn out. The performances are regularly interrupted with a narration that makes it more like something you could view on the History Channel than the big screen. Brad Pitt plays a supposedly charismatic Jesse James, although the portrayal is more of someone unbalanced seeking his death more than life. As the movie drags interminably, you start wondering when the assassination will occur. Casey Affleck plays Robert Ford, who at first idolizes Jesse James, and eventually kills him. The death of Jesse James is still contested, with supposedly distant relatives producing portraits and other evidence that supposedly proves Jesse James staged his own death and lived to a ripe old age.

However, this movie portrays the most popular version of the story of the death of Jesse James. The movie suffers as there is little on his actual exploits and charismatic ways. It left me with a fear someone will try to remake *Butch Cassidy and the Sundance Kid*.



Superbad – The PG-13 rating is well deserved as much of the language is geared towards an adult audience. The movie is directed by Greg Mottola who previously directed a number of episodes for television series. He does a good job with his transition to major motion pictures. The movie is written by Seth Rogen and Evan Goldberg. Seth Rogen was the lead actor and producer (with Evan Goldberg) of *Knocked Up*. He also acted in and produced *The 40-Year-Old Virgin*, which Steve Carell starred in and wrote. *Superbad* is a coming-of-age movie, with two extremely nerdy high school seniors wishing to make up for lost time by attending the first party they have ever been invited to. The humour is crude but funny. Seth Rogen is one of the police officers. The story portrays a side of the law that hopefully most of us have never experienced. The movie title could easily refer to them. It is not a movie for you to bring your children to, but it does have the same appeal for a more mature audience that *Knocked Up* and the *40-Year-Old Virgin* had.



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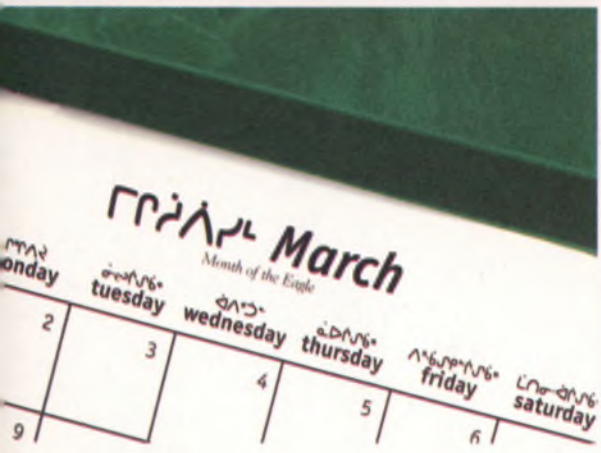
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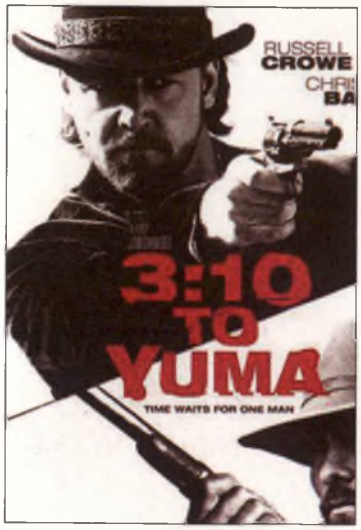
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3:10 to Yuma – Russell Crowe does a good job in his portrayal of a ruthless criminal, Ben Wade, in this remake of a classic western. Christian Bale does an equally good job of playing the role of a poor rancher, Dan Evans, needing to take a job escorting Wade across the west to catch the 3:10 train to Yuma. Why Yuma? Yuma is a large town located on the Arizona/California border, and in the Old West it had a jail along the railroad line. Gang leader Wade gets caught by the law. Meanwhile, his gang is tracking the posse taking him to catch the train. Evans' son, William, sneaks away and catches up with the posse to join his father. The dialogue is interesting as we try to define what makes up the character of each man, a heartless murderer, and hero who lost his leg in the civil war. As they journey through the west, they share aspects of their lives to each other. There is good dialogue, acting and flow to the movie. While there have not been many offerings of westerns as of late, this would certainly rank highly among them. This movie is good as long as you remember it is a western.



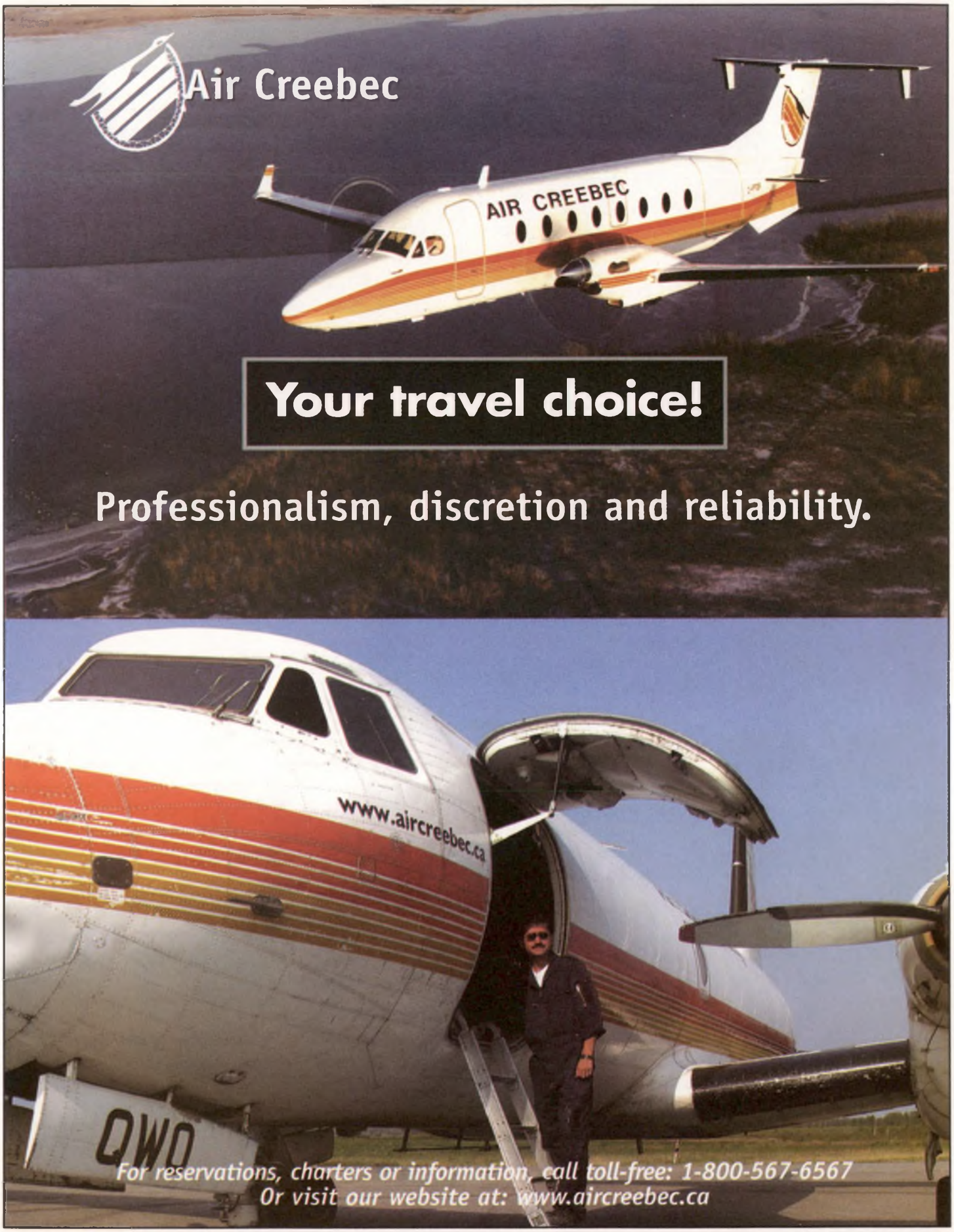
Good Luck Chuck – Dane Cook plays Charlie Logan, a boy who is cursed not to find love. The second part of the curse is that any girl who makes out with him will eventually find her true love. When he grows up, he is always invited to the weddings of ex-girlfriends and eventually finds out why. Only now he has met the woman of his dreams, played by Jessica Alba. Dane Cook is not Ryan Reynolds, although he tries to carry a movie on charisma. In *Employee of the Month* there were enough good supporting characters around him to make the movie somewhat presentable. In *Good Luck Chuck*, there are few. That said, Jessica Alba works well in her role. The actor playing Charlie's friend Stu in this movie must be the brother or friend of one of someone. The delivery of his lines is unconvincing, and you get the distinct impression that every time the camera is around him he is looking into it saying I cannot believe I am in a major motion picture. I couldn't either. It starts off as a romantic comedy, and then in the middle somewhere it loses all credibility. In the end, it returns a bit to the romantic comedy. It is hard to recommend it as a good find, but perhaps as a rental some night then you could fast forward through the middle.

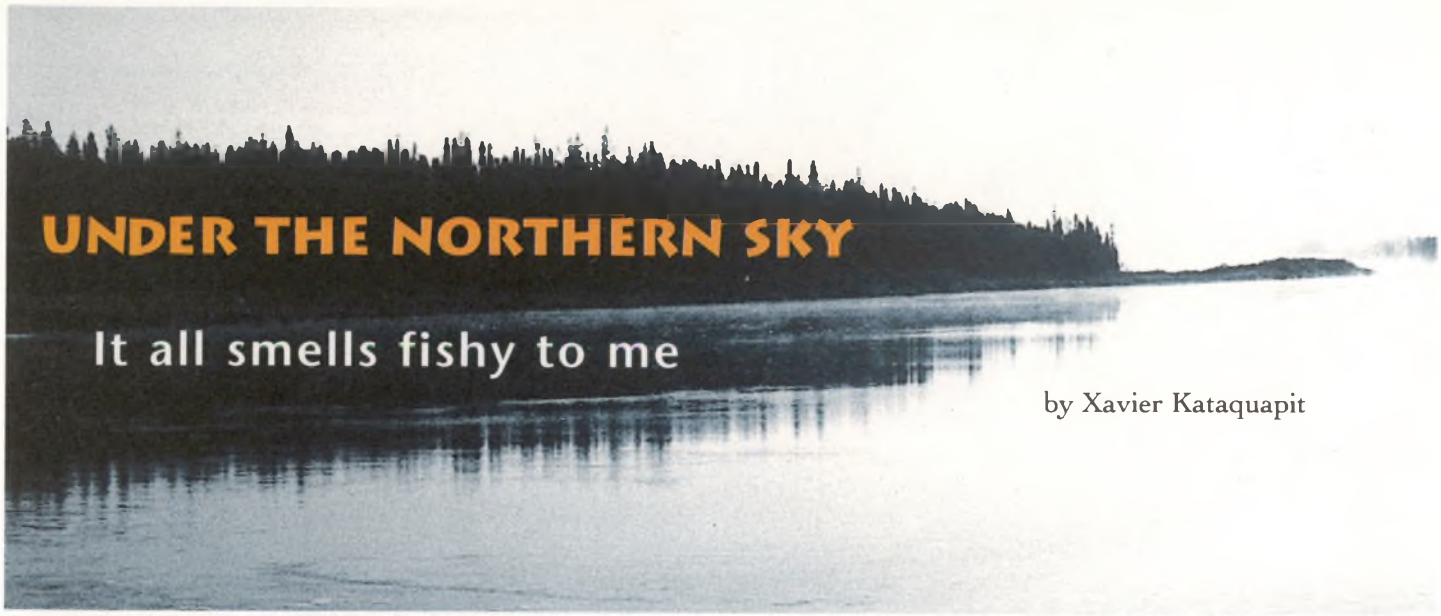


We Own the Night – Joaquin Phoenix and Mark Wahlberg play brothers in this movie. It is about Bobby Green (Phoenix), who is a successful nightclub manager, and the illicit nocturnal activities that take place in his club. There is a connection to the Russian mafia and the drug trade. As Bobby gets better connected in the group, more opportunities are open to him. But no one knows that his father, Burt Grusinsky (Robert Duvall), and his brother, Joseph Grusinsky (Wahlberg), are high-ranking New York police officers. Joseph, having gotten a promotion to captain to head up a narcotics division, busts a number of dangerous drug dealers in his brother's club. This drives a rift between the brothers until the Russian mob starts to hit back against his family. It is a movie for those who enjoy action and suspense. Eva Mendes plays Bobby's love interest, and it is written and directed by James Gray, who wrote and directed *The Yards*, which also starred Joaquin Phoenix and Mark Wahlberg in 2000.



The Game Plan – Every now and again, everyone must go to a family-oriented picture. This is in that category. *The Game Plan* is the story of eight-year-old Peyton (Madison Pettis) showing up on the doorstep of an egotistical sports superstar to inform him she is his daughter. He never knew she existed so he is taken back, and then she lays the bomb that she has come to live with him. Dwayne "the Rock" Johnson plays the title role, Joe Kingman, in this feel-good film and is believable as the self-centered quarterback on his way to the Super Bowl. But when it comes to being a dad, he is fumbling all the time. The daughter keeps putting the pressure on him, however, and he learns what it means to think of other people. Other than this family theme to the movie, and a love interest on the side, there is little plot.


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UNDER THE NORTHERN SKY

It all smells fishy to me

by Xavier Kataquapit

Fish has always played a part in the traditional diet of my people on the James Bay coast. When times were tough and the hunting and trapping was not bringing in enough food for the family, fish provided a way to survive those lean periods.

While I was growing up, having fish that came from local fish nets at least once or twice a week was a normal part of my life. There were no sport fishermen in Attawapiskat. My people gathered fish in traditional methods using gill nets. Fish were treated with the same respect as other animals. Only enough fish nets were set up to supply what was needed. This was hard work and it required a great deal of skill in order to be able to predict where fish would swim, what times of the year and day they were most plentiful and how to best orient one's nets.

I don't eat fish as often as I did when I was younger. I no longer have access to those people who go out on the rivers to gather fish. As a matter of fact, in Attawapiskat, there are not many people who still gather local fish from the rivers. I considered buying and preparing store bought fish at one point but I often wondered to myself where this sea food came from. Twenty or 30 years ago, we could be assured that most of the fish we bought for ourselves here in Canada came from our fishermen from the east and west coasts.

In the past few decades, this reality has radically changed. The Atlantic cod fishery collapsed after many years of over fishing. Other fisheries also depleted their natural stocks due to newer methods and technologies that made it more efficient to find, gather, transport and process fish in huge numbers.

These days, most of the fish in our grocery markets are being grown like farm animals in fish farms. This sounds like a great idea to solve the dilemma of fewer fish in the wild. However, there are problems with these fish, including the practice of putting additives in fish food to offset the damages caused by living in pens and to augment the colour of their flesh to make them more tempting to the shopper.

A recent W5 documentary, "Safe to Eat?" made the point that even if the box our food comes in is labelled "Product of Canada," it may not be entirely true. It turns out that if 51 percent of the total cost of the package of food was incurred in Canada, then it can have the label on it, even if the actual food inside comes from another country. This means that if the packaging costs more than the fish inside, then they can put a "Product of Canada" label on it.

In terms of fish products, most of our sea food now comes from China, which has become our second leading source of imported foods after the United States. This would not be such a problem if were not for the fact that China has laws that are far less strict when it comes to farming and processing fish.

How practical is it to have to farm fish in a highly populated country in Third World conditions, process it in fish plants that also lack stringent controls, and then have it shipped overseas to our side of the world. It is difficult much of the time merely to establish where exactly our fish or other foods are coming from. You have to be prepared to ask questions and there is a good chance that the store clerk selling the fish or food won't even know the origin of the product.

When our family collected wild food from the land in the form of geese, fish, moose or caribou, we never had to worry about the quality of the meat or the danger of contaminants or additives to the animal's diet. We knew that each and every creature was fed and cared for by Mother Earth. The earth provided us all with everything that we needed. In this modern world, it is proving more difficult every time I go to the grocery store to try to understand what is in the food I am buying and just where it is coming from.

None of this will change for the better unless we tell the manufacturers, food processors and the food distribution and sales industry at large that we don't appreciate this worry. We have to let them know that we are prepared to pay more for healthy and safe foods and be informed of their origin. In the meantime, think about getting your fishing rod out and heading off to a safe, clean lake to catch some fish.

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We are happy to sponsor this event, which contributes to both the sharing and exchanging of our cultural, social and business relationships, and which also brings our people together in the spirit of joy and sports competition.

We would also like to take this opportunity to wish the Cree population a happy and festive holiday season!

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CLASSIFIEDS

BIRTHS – 100

Congratulations to Ellen Capassisit and Jimmy James Bosum on the birth of their fifth son, Isaac Canaan Josiah Bosum. Isaac was born on October 26, 2007 at the Chibougamau Hospital. We are very happy for the new parents and wish Isaac into our ever-growing family. We also want to thank God for blessing us all with His precious gift. We will all do our share so that Isaac grow up with all the love and joy that he deserves. Love Réal, Joey & Daphne, Patrick, Meeaubin and my sweet little girl, Tyra.

BIRTHDAYS – 101

Birthday greetings going out to Conway Georgekish, turning three on November 30. Happy birthday and manny more to come. It's your special day to enjoy and have fun....we'll be right there celebrating with you on your birthday, we love you soo much. Happy 3rd Birthday!!... From/Love: Mom, Dad, Jean-Claude, Roman and Yanic. Don't forget Marlena, too....

I Would like to wish a happy birthday to Elston Salt on November 24...and to Treasure on November 26...wow! Treasure, ur so big now girl..Take care!!! Happy birthday guys! From: Kelsie Jollayy..

Happy 6th Birthday to our nephew & cousin Kaylon Atsynia. We love you so much! Love always, Sarah & Jeffrey and your cousins.

I would love to say, Happy Birthday to my Mom...Stacy Murdoch. Mom, your birthday means so much to me, to have you in my life another year. The time I spent enfolded in your love, each day... each moment with you is so dear. I cherish the very special bond we have. You lift my spirit in so many ways. I celebrate your life...I honor you, and send to you my love and care and praise. From: your oldest daughter, Chantal.

I would like to wish a happy birthday to my buddy Ro on Nov. 24. Happy birthday buddy, and I'll be there to celebrate with you buddy. Will it be a spiderman party?? If so, awesome, I am so there!! From your buddy, Benji.

We would like to wish a happy 6th birthday to our daughter, Treasure Capissisit, on Nov. 26. We can't believe that you're already 6 years old, seems like yesterday we held you in our arms for the very first time. First time we heard you cry, was music to our ears and we counted ten lil' fingers and ten lil' toes. A perfectly healthy 8lbs, 7oz. baby girl. Our baby girl! And look at you now, all grown and turning to be such a bright and beautiful girl. We love you so much, and we hope your day is as beautiful as you are. From Mommy & Daddy (Angela & Germain).

Wishing a Happy birthday to Laura-Lee Sam on November 25, in North Bay, Ont. We miss you and the boys so much, our place is so quiet since you have been gone. I'm not saying that you guys make a lot of noise, lol. Christmas is almost here (I want..jk, lol). Can't wait for you and the boys to come home. Luv you, your mommy.

I would like to wish a Happy 18th Birthday to my best friend, Cynthia Sheshamush..her birthday will be on November 12, 2007...so yeah..Happy Birthday...and many more to come..I hope you're not gonna party without me...:P...Once again, Happy Birthday...Don't party to much ok? Your friend in Whap...you know me! :P

Happy belated Birthday greetings going out to Cannon Diamond in Waskaganish! Hope you enjoyed your special day! With love from your big brother Shawish and baby sister Val.....mom&dad too!

We are sending birthday wishes to Kelly Trapper from Waswanipi on November 29th. Kelly, hope you send us some cake. We know your mommy makes Mmmm mmmm good cakes. Take care now....and many more birthday to come. We love you. From: Ira & Jess kids ~xox~

We wanna wish our Dad a happy birthday on November 29th. We love you Dad. Luv always, Zack, Nana,Troy & baby Kerisha Gunner ~xox~

I'd like to wish my husband a happy birthday on November 29th, 2007. Ira, honey I luv you & I know you know that, You'll always be my everything, 'cause nothing can get in the way of how I feel for you. I'm glad you are mine and that I am yours FOREVER BABY. Luv Always your wife Jess~xox~

I want to wish a happy birthday & many more to come to my 3 beautiful nieces: happy birthday Cetianna Mapachee on November 5th, happy birthday Carole-Ann Mapachee on November 7th & happy sweet 16th birthday Felicia Shecapio on November 10th. Love u & miss u all girls. In loving memory of my brother Willie J. Trapper (Wallow) his birthday would've been on November 9th & he would've turned 40...jabweh my bro love & miss him so much. xox With Love Lina xox

Happy Birthday to the greatest mother I could ask for, Louisa Kudlu on November 15th. Wish I was there on your birthday. From Luke (Whapmagoostui).

CONGRATULATIONS – 104

Congratulations sis, upon killing your first bull moose on October 5, 2007 at 9:20am at km 16 on the Eastmain Access road. It was a wonderful special moment to share with you, and many more moose to come. your brother Clayton (moose guide).

GRADUATION – 301

Congratulations to Angelina Kakabat on her 'High School Grad' on November 2/07. We are so glad that you made it. Love always, Sarah, Jeffrey & your cousins.

PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out our website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call Kid's Help Phone's toll-free at: 1-800-668-6868, or visit: www.kidshelp.sympatico.ca.

If you've got events planned for the holiday season, let the *Nation*

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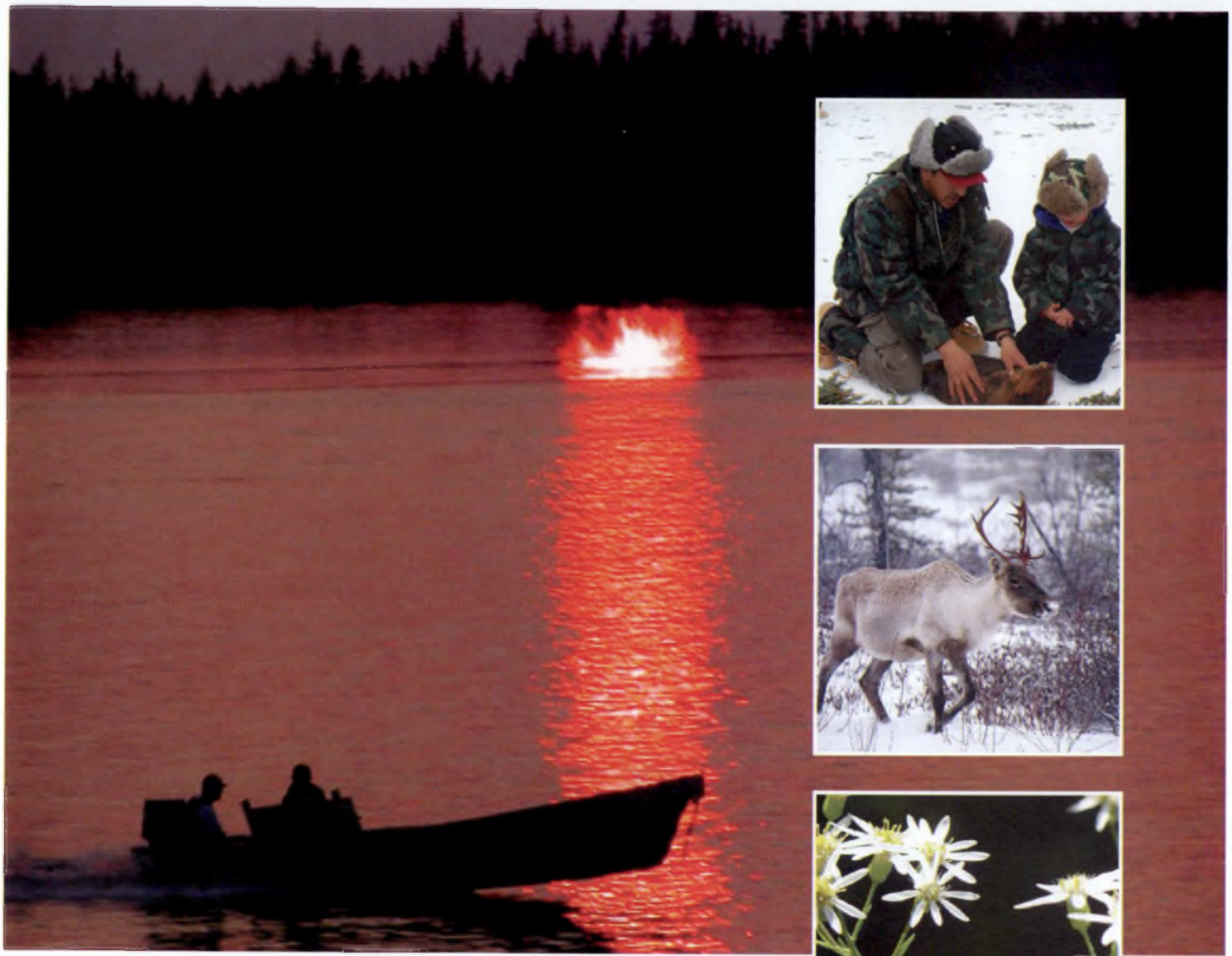
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NISKAMOON CORPORATION
OUR CONTRIBUTION TO BECOMING "GREENER"

In a conscientious effort to consider our immediate environment and make our contribution to becoming "greener", Niskamoon Corporation has made a few changes in working methods that have definitely saved several trees already!

The monthly Board of Directors meeting is a great example of how we are making an effort to help the environment. Previously, hefty binders containing hundreds of pages were distributed to each member of the Board and guests. Now, with a bit of technology and a change in habit, all documents are submitted via email and then transferred onto a server that each Board member has access to before and during the meeting. This has considerably reduced the amount of paper used each month.

In another effort to think green, we have also decided to have our 2006-2007 Annual Report and our information kit printed on recycled paper and it looks great!

With a little contribution from everyone, we can make a difference!



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